

Warm up for fifteen minutes before beginning these intervals.

In the following intervals, target a cadence of 95 rpm's, or more, during the entire interval.

Use the 53 by 16 gear.

The perceived effort of the first minute should be hard.

The second minute should be agony. You should not be able to talk after the full interval.

This workout contains a total of three intervals to keep it short enough with music that I can email the file to Cass;

Hush for 2 seconds;

Ready?

**Begin the First Interval now;**

Remember 95 rpm's, or more, and the 53 by 16 gear; Hush for 1 minute;

You are halfway through the interval. Time to push into agony; Hush for 1 minute;

End interval;

Take 2 minutes of spinning easy. Focus on recovery;

Ready? **Begin Second Interval now;**

Remember 95 rpm's, or more, and the 53 by 16 gear; Hush for 1 minute;

You are halfway through the interval. Time to push into agony; Hush for 1 minute;

End interval;

Take 2 minutes of spinning easy. Focus on recovery;

Ready? **Begin Third Interval now;**

Remember 95 rpm's, or more, and the 53 by 16 gear; Hush for 1 minute;

You are halfway through the interval. Time to push into agony; Hush for 1 minute;

End interval;

Take 2 minutes of spinning easy. Focus on recovery;

Three intervals complete. Nice work. Time to cool down;